



4C-CAMP

Camping to Create Caring Communities

August 8th – August 11th, 2024

Registration Information

Dear Camper:

Welcome to our 15th year of 4C-Camp. Please read the following instructions carefully for registering for this year's 4C-Camp being held August 8th – 11th, 2024. Camp is held at Camp Shankitunk, 2420 Arbor Hill, Delhi, NY 13753 (the 4-H camp). All attendees must pre-register. Registrations should be received by July 31, 2024. A non-refundable deposit of \$25 must be submitted with your pre-registration. You can pay the remaining \$135 (for 3 nights/4 days) at time of camp registration or pay the full \$160 (for 3 nights/4 days) now. Please make checks payable to CCE Delaware County (Cornell Cooperative Extension). **The price for camp is a flat \$160, even if you choose to only attend days and not stay overnight, there is no per day rate. We are hoping you will join us for the full 4 days. If you would like to donate to support camperships for those individuals who cannot afford the full amount to attend camp, please add that to your deposit and list the amount on the registration form in the place provided.** If you would like to pay by credit card, please call Cornell Cooperative Extension at 607-746-2004. Enclosed are descriptions of all the workshops along with a short bio about the instructors. The 4C-Camp workshop schedule is included in your packet. Please read it carefully and select your **first and second choices** for each workshop time slot you would like to attend. **Please write 1 or 2 identifying your first (1) and second (2) choices. Be aware that some workshops have caps on the number of students in the workshop, so registering early is to your benefit, if you want to ensure you get your 1st workshop choice.** You will be notified by mail or e-mail of which workshops you are registered for. **Please fill out completely the Camper Registration form and the Workshop Registration form with your workshop choices then send them back to:**

4C Camp for Adults
216 Moffre Road
Maryland, NY 12116

The registration desk will open **promptly** at 1:30 p.m., Thursday, August 8th. We would like to have campers there on time. There will be staff there to direct you to parking and welcome you to the camp. Make sure to read the section on **what to bring** so this will be the best experience possible. Hope to see you there! Camperships are available by contacting Polly DellaCrosse at (607) 746-6963.

PLEASE SEND IN, WITH DEPOSIT, BY JULY 31, 2024, ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM. **4C-CAMP FOR ADULTS 2024 CAMPER REGISTRATION FORM – complete both sides**

ABOUT OUR CAMP

At 4C-Camp you will...have fun...meet new friends...learn new and interesting crafts and hobbies...discover the wonder of nature...camp in the outdoors...swim in the pool...work in special groups...enjoy evening programs. 4-H Camp Shankitunk is located on 145 acres of county-owned land along the west branch of the Delaware River between DeLancey and Delhi. The main campground is a large open meadow surrounded by naturally wooded hillsides. Campers are housed in cabins spaced among the trees. Camp is not just a weekend in the woods. It is what happens to campers, what they take home, new endeavors, acquired skills, friendships, appreciation of nature and a sense of belonging and community.

CAMPING DATES

August 8-11 (Thursday starting at 1:30 p.m. through Sunday afternoon).

WHO MAY ATTEND

Adults 18 years old and over.

REQUIREMENTS

Please fill out and return the enclosed **Camper Registration Form** (*completing both sides; workshop selections and camper information*) **along with deposit payable to CCE Delaware County. Mail it to 4C-Camp for Adults, 216 Moffre Road, Maryland, NY 12116. Donations toward camperships are greatly appreciated; please add any amount that you are willing to donate to your deposit amount. Thank you.**

CREDIT CARD PAYMENTS

Want to pay your camp fees by credit card? Call Cornell Cooperative Extension (607) 746-2004 for details.

CAMP FEE/CAMPERSHIPS

Camperships are available by contacting Polly DellaCrosse at (607) 746-6963.

WEBSITE

Visit our website at www.4C-camp.org to see pictures and to download a copy of our brochure and registration form; or connect with us on Facebook at facebook.com/4C-Camp for Adults. New this year: You can register on-line using the site provided and send check payable to CCE Delaware County to 4C Camp for Adults, 216 Moffre Road, Maryland, NY 12116.

ACCOMMODATIONS

Campers live in rustic cabins with other campers. **Special living accommodations are available based on need, but are limited and will be accommodated on a first-come-first-served basis, please identify need on your registration form.** Space is available for RVs and tents. Questions regarding special arrangements e-mail or call Jude Taggart at willandjude@gmail.com or (607) 432-0123. Campers live in rustic cabins with other campers.

WHAT TO BRING

Sheets/Blankets/Sleeping Bag **Flashlight**
Towel/Wash Cloth/ Toiletries
Clothing for 4 days/3 nights (**extra dry socks**)
Sweatshirt or Sweater/Rain Coat/Umbrella
Comfortable Footwear (**extra pair of comfortable shoes**)
Healthy snacks to share and vegetables for Stone Soup.
(We will have 4C-Camp sweatshirts, T-shirts and caps for sale). Use pre-order form on website, if you want to pre-order items. (Lawn chair – optional.) Bring your water bottle. Also, previous campers, bring your name tags.

MARDI GRAS

This year's entire camp is revolving around "MARDI GRAS" - many of the activities and workshops will be related to this theme.

HEALTHY FOOD & SNACKS

Healthy balanced meals are provided at camp starting with dinner on Thursday; breakfast, lunch, and dinner on Friday and Saturday; and breakfast and lunch on Sunday. **IF YOU HAVE SPECIAL DIETARY NEEDS, MAKE SURE YOU IDENTIFY SO ON THE REGISTRATION FORM.** Please provide vegetables from your gardens for **Stone Soup** to share with campers. Also, bring healthy snacks that will be shared with other campers.

ENTERTAINMENT

Thursday evening will be dinner followed by - community gathering and camp Bingo with prizes. Friday evening will include our own Mardi Gras celebration, campfire, and drumming circle. Saturday evening will feature karaoke and dancing with DJ. Come ready to join in the fun.

MERCHANDISE

Pre-order merchandise at the www.4C-camp.org website. Items will be available for purchase during camp also.

PLEASE SEND IN, WITH DEPOSIT, BY JULY 31, 2024

ALL INFORMATION PERTAINING TO THE CAMPER MUST BE ON THIS FORM.

Camper's Name _____ Former 4C Camper? [] YES [] NO
Mailing Address _____ FORMER 4-H CAMPER? [] YES [] NO
City _____ State _____ Zip _____ AGE (CIRCLE ONE) 18-34 35-44 45-54
E-mail Address _____ 55-64 65-74 75-84 85+
Contact Phone (with area code): _____ Gender _____

Do we have permission to share the above information with other campers? [] YES [] NO

Check here if you DO NOT want to give 4C-Camp permission to take your photo while at camp. NO PHOTOS PLEASE []

In case of emergency, notify:

Name _____ Relationship _____
Cell Phone: () _____ Home Phone () _____
Name _____ Relationship _____
Cell Phone: () _____ Home Phone () _____

Arrangements: Which accommodations will you be needing?

[] Cabin bunk [] Own tent [] Own camper/RV [] Off premises (will NOT be sleeping overnight at camp)
[] Couple cabin* [] Own group cabin*

*List roommate(s): _____

Special Accommodation Needs (please identify):

SPECIAL REQUIREMENTS OR CONSIDERATIONS:

Diet _____ Food Allergies _____
Other _____

HEALTH CONDITIONS OR CONSIDERATIONS: Check and list any medical conditions, or special considerations; i.e. serious injuries: [] Allergies [] Insect Stings [] Drug Allergies [] Asthma [] Inhaler
[] C-Pap [] Diabetes [] Insulin [] Seizures [] Mobility [] Other _____

Please list any considerations needed: _____

PERMISSION TO PROVIDE NECESSARY TREATMENT OR EMERGENCY CARE:

I certify that the information given in this form is current and correct. I hereby give permission to the medical personnel to provide or arrange for necessary transportation. In the event that your contact persons cannot be reached in an emergency, I hereby give permission to the local physician to secure and administer treatment, including hospitalization, for the person named above.

Signature: _____ Date _____

DISCLAIMER – Subject to all the following terms and conditions: 4C-Camp for Adults participants shall defend, indemnify, and hold harmless the CORNELL COOPERATIVE EXTENSION OF DELAWARE COUNTY AND THE COUNTY OF DELAWARE, its officers, directors, employees, volunteers, and agents from any and all claims, demands, liability, or other proceedings for any actual or alleged injury to persons, including death, or damage to property arising out of attending camp.

Signature: _____ Date _____

DONATION TOWARD CAMPERSHIPS

Please list amount of your intended donation above your \$160 camper fee: \$ _____

PAYMENT: This application must be accompanied by a \$25 pre-registration deposit. Checks made payable to CCE Delaware County with 4C Camp on the memo line. This fee is non-refundable, if your application is accepted and you DO NOT attend. Balance of fee (\$135) can be paid in advance or at registration.

MAIL COMPLETED REGISTRATION TO:

4C-Camp for Adults,
216 Moffre Road,
Maryland, NY 12116

NEXT COMPLETE PAGE 2 ON THE BACK BY CHOOSING YOUR 1ST AND 2ND CHOICE OF WORKSHOPS → →

<p>Friday, August 9: 9AM – 10 AM _____ FREE TIME</p> <p>_____ Archery (Maximum # of students: 12) – Archery Range</p> <p>_____ Labyrinth (Maximum # students: 6) – Labyrinth</p>	<p>Saturday, August 10: 9AM – 10 AM _____ FREE TIME</p> <p>_____ Hacks to Make Your Life Easier and More Delightful – Dining Hall</p> <p>_____ Archery (Maximum # of students: 12) – Archery Range</p> <p>_____ Learn to Play Horseshoes (Maximum # of students: 8/Minimum # of students: 2) – Horseshoe Pit</p> <p>_____ Learn to Swing Louisiana East Coast Swing – Pavilion or Ford Kitchen (if rain)</p>
<p>Friday, August 9: 9 AM – 11 AM _____ FREE TIME</p> <p>_____ Beginning Birdwatching (Maximum # of students: 25/Minimum # of students: 5) – Ford Kitchen</p> <p>_____ Fluid Pour Flower Pot (Maximum # of students: 18/Minimum: 10) Fee: \$15 – Pavilion</p> <p>_____ Making a Flower Pot Light (Minimum # of students: 10/Minimum # of students: 1) Fee: \$15 – Craft Hall</p>	<p>Saturday, August 10: 10 AM to 12 Noon _____ FREE TIME</p> <p>_____ Take A Hike! Hike to Lenox Forest with a Master Naturalist – Dining Porch</p>
<p>Friday, August 9: 10:15 AM to 12 Noon _____ FREE TIME</p> <p>_____ Blown Glass Process, make your own ornament (Maximum # if students: 18/Minimum # of students: 10) – Science Building Porch</p> <p>_____ Pickle Ball Basics for Fun (Minimum # of students: 3) - Basketball Court</p> <p>_____ Vintage Embroidery – Ford Kitchen Fee: \$5 each piece</p>	<p>Saturday, August 10: 10:15 AM–12 Noon _____ FREE TIME</p> <p>_____ Creative Fun with Jars (Maximum # of students: 8) Fee: \$3) – Craft Hall</p> <p>_____ Beginning Genealogy – Ford Kitchen</p> <p>_____ Pickle Ball Basics for Fun (Minimum # of students: 3) – Basketball Court</p>
<p>Friday, August 9: 2:15 PM – 4:15 PM _____ FREE TIME</p> <p>_____ Theater Play (Maximum # of students:15/Minimum # of students: 3) – Science Center</p> <p>_____ Mahjong Teaching and Playing (Maximum # of students: 8/Minimum # of students: 4) – Dining Hall</p> <p>_____ Alcohol Ink on Ceramic Tile (Maximum # of students: 8) Fee: \$20– Shop</p> <p>_____ Silk Flag Painting (Maximum # of students: 12/Minimum # of students: 6) Fee: \$10 – Craft Hall</p> <p>_____ Conflict Resolution and Problem Gambling– Ford Kitchen</p>	<p>Saturday, August 10: 2:15 PM – 4:15 PM _____ FREE TIME</p> <p>_____ Make a Crepe Paper Wild Rose Branch (Maximum # of students: 8/ Minimum # of students: 2) Fee: \$5 – Craft Hall</p> <p>_____ Surprise Fabric Art (Max. # of students: 8) – Science Center</p> <p>_____ Mahjong Teaching and Playing (Maximum # of students: 8/Minimum # of students: 4) – Dining Hall</p> <p>_____ Making a Small Utility Bench (Maximum # of students: 10) Fee: \$15 - Wood Shop</p> <p>_____ Flower Arranging (Maximum # of students: 15) - Pavilion</p>
<p>Friday, August 9: 4:30 PM - 5:30 PM _____ FREE TIME</p> <p>_____ Learn to Play Horseshoes (Maximum # of students: 8/Minimum # of students: 2) – Horseshoe Pit</p> <p>_____ Let's Make Cards! (Maximum # of students: 10/Minimum # of students: 1) Fee: \$10 – Craft Hall</p> <p>_____ Open Swim – Pool (minimum two – do not swim alone)</p> <p>_____ Games: Pickle Ball, Horseshoes, Cornhole, etc. – Field, Horseshoe Pit, and Basketball Court</p>	<p>Saturday, August 10: 4:30 PM - 5:30 PM _____ FREE TIME</p> <p>_____ Aqua Aerobics/Stretch (Maximum # of students: 8) - Pool</p> <p>_____ Chair Yoga with Karen (Maximum # of students: 12/Minimum # of students: 3) – Ford Kitchen</p> <p>_____ Subliminal Influence Experience and Subliminal Explanation (Maximum # of students: 15) -Science Building</p> <p>_____ Games: Pickle Ball, Horseshoes, Cornhole, etc. – Field, Horseshoe Pit, and Basketball Court</p>
<p>Sunday, August 11: 9 a.m. – 10 a.m. _____</p>	<p>_____ Worship Service – Ford Kitchen _____ Finishing your project</p>

Please complete the Camper Registration Form and the Workshop Registration form. Use the workshop descriptions and instructor bios attached for information about each workshop. For workshop choices: please indicate your first and second choices by writing 1 in front of your first choice and 2 in front of your second choice for each workshop time slot (there are 11 time slots). **Send the completed two-page registration form to 4C Camp for Adults, 216 Moffre Road, Maryland, NY 12116 along with your check or money order made payable to CCE of Delaware County.** You will receive follow up confirmation on your workshops.

**“Pickleball Basics for Fun” (Fri. 10:15 a.m. – 12:00 Noon or Sat. 10:15 – 12:00 Noon)
(Minimum # of students: 3)**

This workshop will teach you how to play the basics of pickleball.

Facilitator of “Pickleball Basics for Fun”

Pat Clark has been associated with 4C Camp for years in varying capacities. He has taught and played pickleball for about 5 years and will teach you how to play, too.

“Hacks to Make Life Easier and More Delightful”

(Sat. 9:00 a.m. - 10:00 a.m.)

Hacks have become so popular to help us work faster and easier in the kitchen, work room, garden, and while dressing, cleaning, and baking – even with our children. We will delight in a very short video lesson on a variety of types of hacks. We will also do several hands-on hacks and then leave time to share hacks we have already used at our homes.

Facilitator for “Hacks to Make Life Easier and More Delightful”

Arlene Kyler says “As a teacher, I love to impart information in a fun and hands-on way to improve lives.

**“Learn to Swing Louisiana East Coast Swing”
(Sat. 9:00 a.m. – 10 a.m.)**

Bridgette will instruct you on East Coast Swing with Zydeco styling.

Facilitator for “Learn to Swing Louisiana East Coast Swing”

Bridgette Shephardson has been a local dance teacher for over 20 years. She has experience in ballet, modern, jazz, and many forms of social dancing.

“Take A Hike! Hike to Lenox Forest with a Master Naturalist” (Sat. 10:00 a.m. – 12:00 Noon)

Walk with Master Naturalist, Heather, on this moderate hike following the trail. Master Naturalists are “citizen scientists” trained on a myriad of topics including NYS wildlife, mushrooms and plants, and local flora and fauna. Appropriate hiking/walking shoes a must.

Facilitator for “Take A Hike! Hike to Lenox Forest with a Master Naturalist”

Heather was born and raised in upstate New York. She enjoys gardening, chicken farming, raising mushrooms, and the outdoors. She loves to share her knowledge of local flora and fauna with others.

“Alcohol Ink on Ceramic Tiles” (Fri. 2:15 p.m. – 4:15 p.m.) (Maximum number of students: 8)

Fee: \$20

Each student will get a 4” X 4” or 3” x 6” ceramic tile. Instructor will supply the ink, alcohol and other supplies for you to make a finished piece of art.

Facilitator for “Alcohol Ink on Ceramic Tiles”

Judy Baker is a self-taught artist and being creative makes her happy. Besides alcohol ink, I also work in watercolor and acrylics.

“Aqua Aerobics/Stretch” (Sat. 4:30 p.m. – 5:30 p.m.) Maximum # of students: 8

Pool Exercise

Facilitator for “Aqua Aerobics/Stretch”

Penny Downin has been a Physical Therapy Assistant for 30 years. She enjoys the outdoors and traveling.

“Beginning Bird Watching” (Fri. 9:00 a.m. – 11:00 a.m.) (Maximum # of students: 25/Minimum 5)

Students will be introduced to common bird species specific to the location of the workshop, and taught to identify these species by sight and by sound. We will also discuss bird behaviors indicative of breeding.

Facilitators for “Beginning Bird Watching”

Charlie Scheim and Sandy Bright have been active birders for over two decades, participating in citizen science bird counts for local and national Audubon chapters, New York State, U. S. Geological Surveys, and Cornell Laboratory of Ornithology. They travel around 6 counties providing training and bird walks for atlasers, as well as surveying for birds.

“Surprise Fabric Art” (Sat. 2:15 p.m. to 4:15 p.m.) (Maximum # of students: 8)

Participants will be working with fabric following true Mardi Gras – the Mystery.

Facilitator for “Surprise Fabric Art”

Polly DellaCrosse is a happy person with a smile on her face who loves working with people and fabrics.

“Learn to Play Horseshoes” (Fri. 4:30 p.m. – 5:30 p.m. or Sat. 9 a.m. – 10 a.m.)

Learn the rules and play a game of horseshoes.

Facilitator for “Learn to Play Horseshoes”

Leon has taught horseshoes at 4-C Camp for 4 years.

“Let’s Make Cards” (Fri. 4:30 p.m. to 5:30 p.m.) (Maximum # of students: 10/Minimum # of students: 1) Fee: \$10

We will be creating 3 or 4 all-occasion cards.

Facilitator for “Let’s Make Cards”

Harriet Dunne has been teaching card making and scrapping for more than 24 years. She helps people organize and preserve their memories and photographs.

“Make a Crepe Paper Wild Rose Branch” (Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 8) Fee: \$5

Participants will make a crepe paper wild rose branch. All petals, stamens, and leaves will be pre-cut to allow participants time to assemble and shape their branches. A kit will be provided with all materials needed and you will have your choice of color.

Facilitator for “Make a Crepe Paper Wild Rose Branch”

Amy is a physical therapist who has cared for the people of her community for 28 years. She loves to travel, nature photography, and has recently found a passion for making crepe paper flowers.

“Creative Fun with Jars” (Fri. 10:15 a.m. – 12:00 Noon) (Maximum # of students: 8) Fee \$3.00

Using mason jars participants can create a pretty storage container, a bathroom counter accessory, or a festive holiday light.

Facilitator for “Creative Fun with Jars”

Judy Taggart has been at 4C Camp from the beginning and enjoys crafting.

“Theater Play!” (Fri. 2:15 p.m. to 4:30 p.m.) (Maximum # of students: 15/Minimum # of students: 3)

Join us for a fun and creative theater arts experience. Learn how to use the ancient theater arts practice of storytelling, performing, and mime using theater masks. No words required! Barbara will help you discover the world of mask performance in this two-hour workshop.

Facilitator for “Theater Play!”

Barbara Gregson is a theater artist, director, and mask maker. She works throughout the east coast teaching and directing theater work to people of all ages and abilities.

“Subliminal Influence Experience and Subliminal Explanation” (Sat. 4:30 p.m. – 5:30 p.m.) (Maximum # of students: 15)

Practical manipulation of environmental factors to get people to do what you wish.

Facilitator for “Subliminal Influence Experience and Subliminal Explanation”

Gavin was involved in magic with his father since a child and is certified from the NHA (National Hypnosis Institute of America). He was selected from a small group of people to produce resources and instructions for magicians and hypnotists in the United Kingdom.

“Labyrinth” (Fri. 9:00 a.m. – 10:00 a.m.) (Maximum number of students: 6)

Using the previously constructed 40-foot labyrinth on the camp grounds, participants will experience a meditative walk to meet their “inner guide” - the Fire in Your Heart that is responsible for creativity and self-expression. You are welcome to use the labyrinth at any time during the weekend.

“Worship Service” (Sun. 9:00 a.m. – 10 a.m.)

We will gather together for singing, praying, and a brief message.

Facilitator for “Labyrinth” and “Worship Service”

Labyrinth: Moira Beach will take you on this journey. We are fortunate that Shirley Sweet designed the labyrinth and she and other campers constructed it.

Worship: Moira completed a lay speaker school and a Walk to Emmaus and hopes to gather with others on Sunday morning for worship service.

“Mahjong Teaching and Playing” (Fri. 2:15 p.m. – 4:15 p.m. or Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 8/Minimum # of students: 4)

Ever play mahjong? Want to learn more about this fun and exciting game?

Mahjong is a tile-based game that was developed in the 19th century in China and is played in groups of four. All former and current players welcome, as well as those who have never played. Any current players, please bring your National Mahjong playing cards. Also, anyone who has a game, please bring it, too.

Facilitator for “Mahjong Teaching and Playing”

Teddy Beaver is a 50-year player of Mahjong with time out for years of working.

Games: Pickleball, Horseshoes, Cornhole – Field, Basketball Court, Horseshoe Pit (Fri. 4:30 p.m. – 5:30 p.m. and Sat. 4:30 p.m. – 5:30 p.m.) The games will be set up for some friendly competition. Open Swim – Pool (minimum two – do not swim alone).

“Archery 101” (Max 10) (Fri. 9:00 a.m. – 10 a.m. and Sat. 9:00 a.m. – 10 a.m.)

This Archery class will focus on basic form, strategies, and safety on the archery range. **All equipment provided.**

Facilitator for “Archery 101”

Friday - Jon Conklin is an employee of Cornell Cooperative Extension and the 4-H Camp Director. He has been a teacher of archery in the past at 4C-Camp, as well as teaching to 4-Hers. Saturday – 4-H Staff

“Making a Flower Pot Light” (Fri. 9:00 a.m. to 10:00 a.m.) (Maximum # of students: 10/Minimum # of students: 1)

Participants will design, paint, and assemble a small clay pot light.

Facilitator for “Making a Flower Pot Light”

Sandy Morley is a retired high seas pirate, Olympic gold medalist in pole vaulting and known the world over for her cooking skills (AND PROLIFIC “FIBBER”).

“Silk Flag Painting” (Fri. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 12/Minimum # of students: 6)

Participants will trace a picture onto silk, then paint in the picture to make an outdoor hanging flag.

Facilitator for “Silk Flag Painting”

Lucille Siegel is a retired nurse, crafting forever. She loves camping and crafting. She is celebrating 60 years married to her sweetheart.

“Fluid Pour Flower Pot” (Fri. 9:00 a.m. – 11:00 a.m.) (Maximum # of students: 18/Minimum: 10) Fee: \$15

Learn the fluid pour technique and create your own 8” pot.

“Blown Glass Ornament” (Fri. 10:15 – 12:00 Noon) (Maximum # of students: 18/Minimum # of students 10) Fee: \$15

Learn the Blown Glass process and make your own ornament. We will bring extra material. A lot of people love the blown glass and like to make more than one ornament. Each ornament costs \$15.

Facilitators for “Fluid Pour Flower Pot” and “Blown Glass Ornament”

Jacqui Hauser (owner) and Emilie Hazleton (manager) of the Studio for Art and Craft in Cobleskill have been leading craft programming throughout the area for over 16 years. Their programs focus on introducing students of all ages to new and rewarding creative endeavors.

“Vintage Embroidery” (Fri. 10:15 a.m. to 12:00 Noon) Fee: \$5 each piece

Using embroidery patterns from a collection of vintage stock, students will learn embroidery techniques and select a pattern of their liking to use to hone their skills. Materials cost will be \$5 each piece.

Facilitator for “Vintage Embroidery”

Lisa Worden is a retired nurse of 30+ years who enjoys sewing and crafts, gardening, and vending at local craft fairs. She also has Reiki Studio in her home, where she provides Reiki and Craniosacral Therapy. She has been our camp nurse for many years and hopes to continue doing so while learning new skills.

“Beginning Genealogy” (Sat. 10:15 a.m. to 12:00 Noon)

Class is designed for beginner/intermediate genealogical researchers. You’ll learn about free genealogy websites and how to use vital records, census records, cemetery records, newspapers, military records and much more! Handouts will be available.

Facilitator for “Beginning Genealogy”

Kathy Sturgess Ouimet grew up in Unadilla, NY. In her retirement years, she continued to walk local cemeteries and photographed gravestones. She has combined her genealogical skill and love of cemeteries by writing books to relate the many stories beneath the stones. She is a member of DAR, Civil War Society, Colonial Dames and Mayflower Society. She recently retired as the Afton, NY Historian and continues to lecture on Genealogy and write books on local cemeteries.

“Making a Small Utility Bench”

This class will last two hours and will involve basic tool use and shop safety practices and will include the construction of a small utility bench. Materials cost will be \$15.

Facilitator for “Making a Small Utility Bench”

Tom Briggs has taught woodworking classes in the past at 4C Camp and has experience working with shop tools for over 40 years.

“Flower Arranging”

Green, gold, purple flowers (Mardi Gras colors) will be provided for you to learn flower arranging.

Facilitator for “Flower Arranging”

Lila Shaffer is a local florist who works at Birdsong.

“Conflict Resolution and Problem Gambling” (Friday 2:15 p.m. – 4:15 p.m.)

Conflict Resolution will cover the following objectives: Building bridges, Compete or Cooperate, Working together to work things out, and It worked for me. It might work for you. Problem gambling covers - define problem gambling, identify warning signs, understand causes, how to have a conversation, and tips for responsible gambling.

Facilitator for “Conflict Resolution and Problem Gambling”

Susan and Alysia have been educators for many years in a variety of roles. They are Prevention Educators in the Alcohol and Drug Abuse Council of Delaware County.